

Different Dimensions of Mental Health and Well-Being for Youth Resilience Information Booklet

**25-31
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<https://www.inogit.org/>



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Project

The aim of the project is to contribute to the increase of resilience and development of personal development skills of young people aged 13-30, so that they can be more resilient against changing world conditions and uncertainties.

Objective 01:

Developing the skills of 30 participating young people between the ages of 13-30, setting personal development goals, crisis management, psychosocial resilience, use of technology for welfare in social media, emotional intelligence and selfawareness, and stress, depression or anxiety management through youth exchange activity

Objective 02:

Developing a handbook containing the activities carried out in the project to be used as a learning resource in the youth field.

Objective 03:

Developing a long-term network of cooperation between partners through experience and skill transfers.

Partners

İnovatif ve Girişimci Toplum Derneği - Türkiye

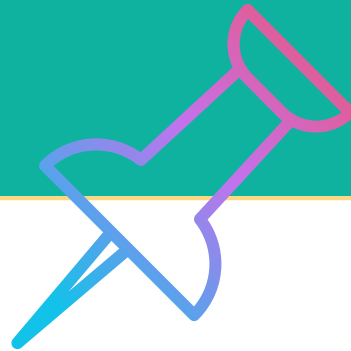
Flower A.P.S. - Italy

Asociatia Share Education. Impartasim Educatie - Romania

Association de Développement Rural International du Bas-Ségala -France

IKIGAI Verein zur Förderung von Kunst, Kultur und Bildung - Austria

ABILITY TO SET PERSONAL DEVELOPMENT GOALS



The ability to set personal development goals is a critical skill that enables individuals to identify, plan, and pursue objectives that contribute to their personal and professional growth. This ability involves self-awareness, goal-setting strategies, motivation, and self-regulation. It empowers individuals to take control of their lives by defining clear, measurable, and achievable goals aligned with their values and aspirations.

Key Components of Setting Personal Development Goals

02

GOAL-SETTING SKILLS

Effective personal goals are often based on the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound). This structure provides clarity and direction, improving the likelihood of achieving set goals.

04

SELF-REGULATION AND TIME MANAGEMENT

Managing time, maintaining focus, and adjusting strategies when necessary are essential for continuous progress toward goals. Self-regulation helps in monitoring behaviors and making necessary adjustments.

06

CONTINUOUS LEARNING AND REFLECTION

Regular reflection on progress and learning from experiences are essential for personal development. Continuous learning helps individuals define their goals and strategies for future success.

01

SELF-AWARENESS

Understanding one's strengths, weaknesses, interests, and values are fundamental. Self-assessment tools, reflective practices, and feedback from others can enhance this awareness.

03

MOTIVATION AND COMMITMENT

Internal motivation drives individuals to pursue goals persistently. The ability to stay committed, even in the face of obstacles, is vital for achieving personal development milestones.

05

RESILIENCE AND ADAPTABILITY

Encountering setbacks is inevitable. Resilience allows individuals to recover from failures and continue working toward their goals, while adaptability enables them to modify their goals as circumstances change.

Benefits of Setting Personal Development Goals

01

Enhanced Motivation

Clear goals provide purpose and direction, increasing motivation.

02

Improved Focus

Goals help prioritize tasks and manage time efficiently.

03

Increased Self-Confidence

Achieving goals builds self-esteem and confidence.

04

Better Stress Management

Structured goal-setting reduces anxiety by providing a clear roadmap.

05

Personal and Professional Growth

Ongoing goal setting fosters continuous self-improvement and skill development.

Strategies for Effective Goal Setting **for YOU!**

01



Utilize the SMART Criteria

Ensure goals are specific and time-bound to increase accountability.

02



Break Down Goals

Divide larger goals into smaller, manageable tasks.

03



Visualize Success

Use visualization techniques to stay motivated and focused.

04



Seek Feedback

Regular feedback from mentors or peers can provide insights and encouragement.

05



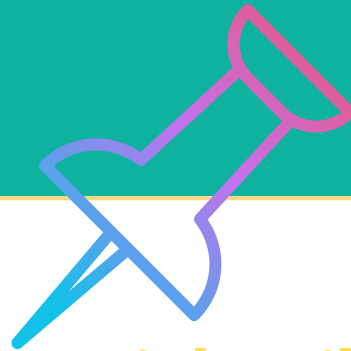
Track Progress

Monitoring milestones helps maintain momentum and allows for timely adjustments.



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PSYCHOSOCIAL RESILIENCE



What is psychosocial resilience?

Ability to adapt positively in the face of stress, challenges, or adversity.

It involves psychological (mental) and social (relational) factors that help individuals overcome difficulties.

Key Components of Setting Personal Development Goals

01

MENTAL STRENGTH

The capacity to regulate emotions, think critically, and maintain a growth mindset.

02

SOCIAL SUPPORT

The network of relationships that provide emotional and practical assistance.

? RESILIENCE ?

01

Improves mental health by reducing anxiety, stress and depression

02

Enhances problem-solving and decision-making in challenging situations

03

Strengthens relationships and the ability to support others.

04

Promotes personal growth and self-confidence.

KEY CONCEPTS OF PSYCHOSOCIAL RESILIENCE

01



Stressors

Events or situations that create pressure or discomfort (exams, financial issues, relationship problems, deadlines, impactful events)

02



Coping strategies

Techniques or behaviors used to deal with stress.
Types of coping strategies:

- Problem-focused
- Emotion-focused
- Support-seeking

03



Protective factors

- Self-efficacy
- Strong relationships and community
- Healthy habits
- Optimistic perspective

04



Risk factors

- Low self esteem
- Lack of support, isolation
- Negative self talk
- High levels of stress





**THINK OF A TIME WHEN YOU
OVERCAME A CHALLENGE.**

**WHAT HELPED
YOU SUCCEED?**

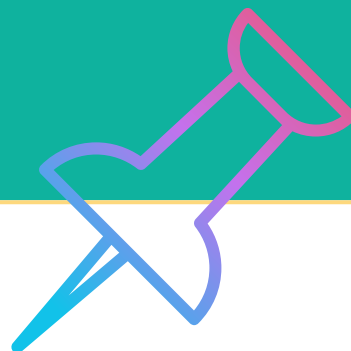
Resilience requires adaptability

— being open to change and accepting
alternative solutions when plans fail.



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EMERGENCIES / CRISIS MANAGEMENT SKILLS



The EU Youth Strategy

The EU Youth Strategy is a framework designed to promote the well being and empowerment of young people in Europe. It focuses on enhancing youth participation, social inclusion, and opportunities for personal development.

The strategy's objectives emphasize the importance of providing young people with skills, resources, and opportunities to thrive in society.

In the context of Crisis Management Skills, these skills align with several key objectives of the EU Youth Strategy, particularly in the areas of social inclusion, Health and Well-being, and Youth Empowerment.

EMERGENCIES/CRISIS MANAGEMENT SKILLS

02

HEALTH AND WELL-BEING

Objective: Improve the health and well-being of young people, particularly their mental health, and prevent mental health crises.

Crisis Management Skills Alignment:

Mental Health Literacy: Crisis management skills are crucial in promoting mental health literacy, which is a core component of the EU Youth Strategy. Educating youth on how to manage stress, anxiety, and emotional turmoil equips them to recognize early warning signs of mental health issues and take action before crises escalate.

Resilience Building: A key aspect of crisis management is helping youth build resilience. The EU Youth Strategy focuses on promoting well-being through various programs, and crisis management skills help youth develop coping strategies to manage life's challenges, thus supporting their overall mental health.

Preventative Approaches: Effective crisis management skills can serve as a preventative measure, as they help young people recognize triggers and early signs of crisis and take proactive steps to prevent more severe emotional or psychological distress.

01

SOCIAL INCLUSION

Objective: Ensure that all young people, regardless of their background or circumstances, are able to participate fully in society.

Crisis Management Skills Alignment:

Promoting Equal Access to Support: Crisis management skills in mental health can help ensure that all youth, especially those from marginalized backgrounds (e.g., youth in care, those with disabilities, or those from disadvantaged communities), have access to the support they need during difficult times. The EU Youth Strategy emphasizes social inclusion, and providing youth with crisis management skills, like recognizing when to reach out for help, empowers them to access appropriate resources during a crisis.

Reducing Stigma: By teaching young people and youth workers crisis management skills, particularly in mental health, we help to reduce the stigma around seeking help. This aligns with the EU's goal of fostering inclusivity and reducing barriers to participation.

EMERGENCIES/CRISIS MANAGEMENT SKILLS

03

YOUTH
EMPOWERMENT

04

EDUCATION AND
EMPLOYMENT

Objective: Ensure that young people are prepared for the labor market and lifelong learning by providing opportunities for education and skills development.

Crisis Management Skills Alignment:

Developing Lifelong Skills: Crisis management skills, particularly in mental health, can be framed as a part of youth's broader personal development. These skills are essential for managing the pressures of education and future employment, where mental resilience is crucial for success. The EU Youth Strategy promotes the development of both soft and hard skills, and mental resilience is a transferable skill valuable across all aspects of life, including education and work.

Creating Supportive Environments: Providing young people with the knowledge and tools to manage crises effectively can help to reduce drop-out rates and improve retention in both educational and employment contexts, fostering a more inclusive education system that accounts for the mental health of youth.

Objective: Empower young people to make informed decisions, participate actively in their communities, and develop skills for their personal growth and societal involvement.

Crisis Management Skills Alignment:

Self-Empowerment and Autonomy: Teaching youth crisis management skills encourages autonomy by giving them the tools to manage difficult situations independently. The EU Youth Strategy emphasizes empowering young people to take charge of their lives, and mental health crisis management skills support this by teaching youth how to navigate crises effectively.

Decision-making Skills: By learning to assess risks, make informed decisions during a crisis, and seek help when necessary, young people are equipped with essential decision-making skills. These skills contribute to personal empowerment, one of the key priorities of the EU Youth Strategy.

Peer Support: A key element of empowerment in youth crisis management is peer support. The EU Youth Strategy highlights the importance of youth-led initiatives and peer- to-peer learning, and training youth in crisis management can foster environments where young people support each other in times of need, thereby enhancing the sense of belonging and mutual support in communities.

EMERGENCIES/CRISIS MANAGEMENT SKILLS

06

SUSTAINABLE DEVELOPMENT AND SOCIAL JUSTICE

Objective: Promote youth engagement in sustainable development, with a focus on addressing global challenges like climate change, migration, and inequalities.

Crisis Management Skills Alignment:

Resilience in the Face of Global Challenges: As crises (both personal and global) can sometimes overlap (e.g., environmental stress, migration crises, or economic hardship), crisis management skills play a role in helping youth to stay resilient. By teaching young people how to manage both individual and collective crises, the EU Youth Strategy's objective of fostering global citizenship and addressing social challenges becomes more achievable.

Building Empathy and Solidarity:

Effective crisis management training can foster a sense of solidarity and global empathy, crucial for promoting social justice. Young people who are taught how to manage their own crises can become more compassionate toward others who are suffering, contributing to a more inclusive and just society.

05

YOUTH PARTICIPATION

Objective: Promote active citizenship and the participation of young people in decision-making processes at all levels.

Crisis Management Skills Alignment:

Inclusive Decision-Making: Crisis management skills encourage young people to become active agents of change in their communities. This aligns with the EU Youth Strategy's focus on youth participation by ensuring that youth, even those facing mental health challenges, can engage in meaningful ways. They can participate in decision-making, advocacy, and leadership roles when they have the tools to manage their own emotional well-being.

Youth Leadership in Crisis Situations: Training youth leaders in crisis management can also help them become mentors, supporting their peers through difficult times. This mirrors the EU's commitment to fostering youth-led initiatives where young people take ownership of issues that affect them, including mental health.



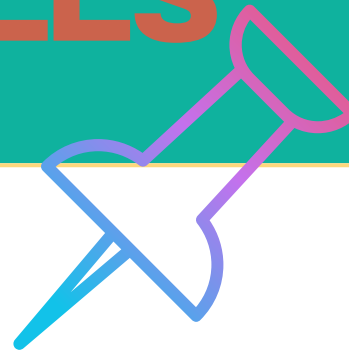
CONCLUSION

Crisis management skills are integral to the EU Youth Strategy's objectives, especially in terms of health and well-being, social inclusion, and youth empowerment. By providing young people with the tools to handle crises— whether personal, social, or global—the EU Youth Strategy can ensure that youth are not only supported in times of difficulty but also empowered to be active, resilient participants in society. These skills foster mental health, resilience, and a sense of belonging, contributing to the overall well-being and development of youth across Europe.



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EMOTIONAL INTELLIGENCE AND SELF-AWARENESS SKILLS



Introduction

Emotional intelligence (EI) is a critical competency in personal and professional life, encompassing the ability to recognize, understand, manage, and influence emotions in oneself and others. A key aspect of emotional intelligence is self-awareness, the ability to reflect on one's emotions and understand how they impact thoughts and behavior. The development of emotional intelligence and self-awareness is vital for improving interpersonal relationships, decision-making, and overall well-being.

What is Emotional Intelligence?

Emotional intelligence, often referred to as emotional quotient(EQ), involves five main components as identified by psychologist Daniel Goleman:

02

SELF-REGULATION

The ability to control or redirect disruptive emotions and impulses.

01

SELF-AWARENESS

Recognizing and understanding one's own emotions and how they influence thoughts and behavior.

03

MOTIVATION

A passion to work for internal reasons that go beyond money and status.

04

EMPATHY

The ability to understand the emotional makeup of other people.

05

SOCIAL SKILLS

Proficiency in managing relationships and building networks.

Among these, self-awareness forms the foundation of emotional intelligence. Without the ability to recognize and understand one's emotions, it is challenging to manage them effectively or understand the emotions of others.

The Role of Self-Awareness in Emotional Intelligence

IntelligenceSelf-awareness is the capacity to observe one's emotions without judgment and recognize how they affect behavior and thinking. It allows individuals to accurately assess their strengths, weaknesses, and emotional reactions, fostering greater emotional control and maturity. The key components of self-awareness include:

01

Emotional recognition

Identifying and naming emotions as they occur. This can be as simple as realizing when you're angry or sad, or as complex as understanding how an emotion may manifest in physical symptoms (e.g., tension, increased heart rate).

02

Reflection

Self-aware individuals regularly reflect on their emotional responses and their impact on others. This practice promotes a deeper understanding of how emotions influenced decision-making and interpersonal interactions.

03

Feedback integration

Being open to receiving feedback from others about how one's behavior affects them is crucial for growth in self-awareness. Acknowledging areas for improvement and making adjustments strengthens emotional intelligence.



Developing self-awareness requires consistent effort and practice, such as keeping an emotional journal, engaging in mindfulness exercises, and seeking feedback from trusted peers. These tools enable individuals to become more attuned to their emotional states and how to navigate them in challenging situations.

The Impact of Emotional Intelligence and Self-Awareness



Emotional intelligence and self-awareness significantly enhance personal and professional effectiveness. In professional settings, EI contributes to better leadership, communication, and conflict resolution skills. Leaders with high emotional intelligence can manage teams effectively, motivate individuals, and create positive work environments by recognizing and addressing the emotional needs of their colleagues. Similarly, employees with strong EI can navigate office politics, resolve conflicts, and collaborate more effectively.



Self-awareness is also crucial for emotional well-being. Individuals with high self-awareness tend to have better mental health because they are more attuned to their emotions, which helps in managing stress, anxiety, and frustration. They are less likely to react impulsively in stressful situations and more likely to make thoughtful decisions based on self-reflection and emotional regulation.



In personal relationships, EI promotes empathy and understanding. When individuals are aware of their emotions, they can communicate more effectively and empathize with the feelings of others. This fosters healthier, more supportive relationships.

Strategies to Improve Emotional Intelligence and Self-Awareness for YOU!

01



Mindfulness Practices

Engaging in mindfulness or meditation helps individuals observe their thoughts and emotions without judgment, improving emotional recognition and regulation.

02



Emotional Journaling

Writing down thoughts and emotions regularly can provide insight into emotional patterns and triggers.

03



Seeking Feedback

Asking for feedback from friends, colleagues, or mentors can help identify blind spots in emotional reactions and behavior.

04



Active Listening

Listening attentively to others without interruption enhances empathy and emotional awareness in interactions.

05



Reflection and Self-Questioning

Taking time to reflect on emotional responses and asking questions like, "Why did I feel that way?" or "How did my emotions affect my behavior?" encourages deeper self-awareness.



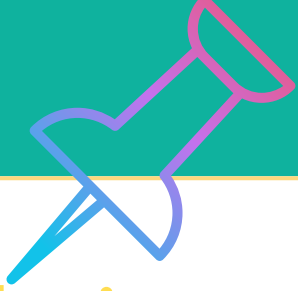
CONCLUSION

Emotional intelligence, and particularly self-awareness, are indispensable skills for navigating the complexities of life. By developing these skills, individuals can enhance their emotional well-being, improve relationships, and succeed in professional environments. Self-awareness allows individuals to understand their emotional states, make informed decisions, and manage reactions more effectively. As such, cultivating emotional intelligence is not just about improving interpersonal interactions but also about fostering a deeper connection with oneself.



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THE USE OF THE TECHNOLOGY FOR WELFARE IN SOCIAL MEDIA



Introduction

Technology and the internet should be with us to improve and facilitate our lives rather than being a distraction, anxiety or upsetting factor. Today, the proliferation of digital technologies has greatly facilitated and enriched our lives. However, excessive or incorrect use of these technologies can lead to some negative effects. The countless content and multidimensionality offered by digital media can become even more complicated when people lose their self-control. Digital well-being is a concept that aims to prevent these negative effects and develop a healthy life awareness in the digital world. At the same time, it also includes contributing to people's self-realization, emphasizing that they can reach the level of self-realization by focusing on personal and professional goals. Technology and the internet should be with us to improve and facilitate our lives rather than being a distraction, anxiety or upsetting factor.

Why is Digital Well-Being Important?

Digital technologies have a great impact on our lives, and these effects can be both positive and negative. Digital well-being aims to understand how digital technologies affect our health and quality of life and to minimize their negative effects.

The reasons why digital well-being is important for people can be listed as follows:

01

PHYSICAL AND MENTAL HEALTH

Excessive use of digital technologies can lead to health problems such as eye strain, neck pain, sleep problems and digital addiction. Digital well-being aims to minimize these negative effects and make people feel better. It emphasizes the importance of approaching technology in a balanced and conscious way and helps people protect their physical and mental health.

02

HUMAN RELATIONS

Constant use of digital devices can negatively affect real-life human relationships. Digital well-being helps people establish healthier and more qualified relationships with their families and friends.

03

SECURITY AND PRIVACY

Digital well-being helps people protect their personal data and privacy. Consciously interacting online and taking security measures protects against threats such as identity theft and cybercrime.

04

YOUNG PEOPLE'S DEVELOPMENT

Long periods spent in front of screens can hinder young people's physical activity, creativity and social interactions. Digital wellbeing encourages young people to use technology consciously, contributing to their healthier growth.

05

DIGITAL LITERACY

Digital well-being helps people increase their digital literacy, encourages awareness in evaluating information obtained from the internet, recognizing reliable sources and avoiding misleading content.

How to Improve Digital Well-being?

Many devices and platforms offer tools to support digital well-being in order to improve digital well-being. In addition, notifications can be turned off or “silent” modes can be activated for each application used. In addition, the following steps can be followed to improve digital well-being:

01

Digital Detox

Turning off digital devices at certain intervals or applying time limits will provide mental rest and the opportunity to spend more time in the real world.

02

Conscious Use

Encourages use suitable for entertainment, work and communication purposes. It is very important to use digital devices consciously and in a limited way.

03

Digital Education

Receiving education on digital well-being can help use technology more effectively and healthily.

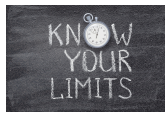


As a result, digital well-being, that is, the awareness of healthy living in the digital world, emphasizes the importance of establishing a balanced relationship with technology and helps people use the digital world in a healthier and more conscious way. Therefore, it is very important for individuals and societies to look after digital well-being.

What apps and settings can support you?

To actively work on your own digital well-being, there are a number of apps and settings that can help you develop a healthier relationship with technology. Here are some suggestions:

01



Screen time tracking and app limits

Almost all popular smartphone models have built-in features that allow you to track your screen time. This gives you an overview of the time you spend using various apps at all times. In addition, you can usually set limits to limit the time you spend on certain apps. These “little helpers” help you manage your time more consciously and limit excessive app use.

02



Notification management

A flood of (push) notifications can be distracting and significantly disrupt your concentration. Therefore, disable or reduce these types of notifications for less urgent apps. This will help you focus on the notifications that really matter and minimize interruptions.

03



Dark mode

Dark mode is becoming increasingly popular because it reduces the amount of blue light on screens. This feature can help reduce eye strain and minimize potential sleep disruptions, especially if you use your devices in the evening.

04



Relaxation and meditation apps

There are a number of relaxation and meditation apps that offer you guided exercises, breathing techniques, calming sounds, and the like. All of these can help reduce stress and provide peace of mind.

05



Sleep tracking apps

Healthy sleep is essential for our health. You can use apps to track your sleep habits and gain insight into the quality of your sleep. In this way, you can create healthy sleep patterns and improve your well-being. However, to be honest, you should only use them for a limited time, as it is usually best to do without any apps for healthy sleep.

06



Digital detox apps

You can set blocking times and restrict access to certain apps during these times. This gives you the opportunity to relax and focus on other activities.

07



Activity tracker

It is very important to enjoy the outdoors and stay active. You can use activity trackers to track your movement and physical activity in order to promote a balanced lifestyle. However, it is important to use the right app wisely here as well. Because while activity trackers can certainly motivate you to exercise, they can also track more than you want.

All of these apps and settings can be valuable tools to support your digital well-being. By using technology moderately and consciously and implementing these tools, you can have a positive impact on your physical, emotional and mental well-being.



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Council of Europe - Youth Policy

The Council of Europe also provides a framework for youth policy in Europe, with an emphasis on crisis management and social inclusion, particularly in the context of mental health.

World Health Organization (WHO) – Mental Health and Youth

WHO provides guidelines and resources on mental health, including crisis management and strategies for improving mental health outcomes among youth.

European Commission - Health and Well-being in Youth

The European Commission's policies on youth mental health focus on promoting well-being and providing tools for crisis management, especially for vulnerable groups.

Mental Health First Aid (MHFA)

Mental Health First Aid provides evidence-based guidelines for crisis management and mental health support. It's widely used in educational, community, and workplace settings to provide support in crisis situations.

Research on Crisis Management and Youth

Scholarly articles and research papers on crisis management and mental health of youth provide more in-depth explanations of how to address crises effectively, particularly in educational or social settings.

EU Youth Work Agenda

EU Youth Work Agenda outlines key competencies and frameworks for youth work, including crisis management and mental health considerations.

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